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AWARD-WINNING CHEF VIKRAM VIJ WANTS TO HELP YOU FIND TIME FOR FAMILY MEALS. HIS COOKING SHOW WILL BROADCAST LIVE ON METRONEWS.CA PAGE 28

Magnotta asks for privacy

The suspect in a horrific murder who once seemed desperate for attention now wants his trial to be held out of the public eye PAGE 10

U of T's new head honcho

University of Toronto's 16th president says the school has to get creative with fundraising in order to make ends meet PAGE 5

Target practice

Retailer is already letting shoppers into Target stores near Toronto in order to work out any 'kinks' before the grand opening PAGE 16

NEWS WORTH SHARING.

CHOW HELPS PUT SPOTLIGHT ON JACK

Olivia Chow, right, chats with actors Sook-Yin Lee and Rick Roberts who play her and her late husband Jack Layton in a made-for-TV movie airing this Sunday on CBC. The film, titled Jack, traces Chow and Layton's love affair, as well as his run through Toronto municipal politics, his emergence onto the national stage, the NDP's triumphant federal election and his death from cancer just weeks later. "Now, it's a movie, so Jack and I actually didn't kiss that much," Chow said to laughter after the Toronto screening, which included a racy bedroom scene. CHRIS YOUNG/THE CANADIAN PRESS

Only 1% of GTA kids get enough exercise: Study

The young and the resting. Research shows 'inactivity crisis' among Canadian kids

Ninety-nine per cent of children in the Greater Toronto Area are not getting enough exercise, according to new research.

Researchers monitored the physical activity of 856 children in Grades 5 and 6 from 16 participating schools in the GTA for the study, published this month in the journal Chronic Diseases and Injuries in Canada. The youngsters wore accelerometers for a week in 2010 or 2011. The tiny devices are like pedometers, but they can measure all types of motion, not just steps taken.

The study, authored by researchers at the University of Toronto and Dalhousie University, was designed like a national one released in 2009. The Canadian Health Measures Survey by Statistics Canada found that 93 per cent of Canadian children did not get enough physical activity.

Canada's guidelines recommend that children and adolescents aged five to 17 get at least 60 minutes of moderate to vigorous physical activity a day.

The authors of the study expected Toronto-area children to perform better than the national average, given that there are more opportunities and resources here. They were surprised to find that was not the case.

"It reinforces the notion that there really is a physical-inactivity crisis among children in Canada," said author Guy Faulkner, a professor in the faculty of kinesiology and physical education at U of T.

TORSTAR NEWS SERVICE

IS MARKETING TO BLAME FOR CHILD OBESITY? PG. 6

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Snowplow murder trial

Richard Kachkar seemed emotionless, trial hears

Richard Kachkar seemed emotionally disconnected in the weeks before he stole a snowplow and killed a Toronto police sergeant, says a St. Catharines homeless-shelter worker.

"It seemed that he did not process any of the things he experienced in his life," Sandor Drew Toth, a resident services coach at Southridge Community Church emergency shelter, told Kachkar's murder trial Monday.

In an emotionless monotone, with a half-smile, Kachkar talked about his crumbling marriage and using his children's education fund to buy a storefront property in St. Catharines, Toth said.

Toth recommended he get a mental-health assessment.

Kachkar, 46, has pleaded not guilty in Ontario Superior Court to dangerous driving and first-degree murder in the snowplow rampage and death of Sgt. Ryan Russell on Jan. 12, 2011. There is no dispute Kachkar drove the snowplow, only his state of mind is in question. The trial continues Thursday. TORSTAR NEWS SERVICE

Sexual assault

Crack addict declared long-term offender

A judge has declared an HIV-infected crack addict who sexually assaulted three women to be a long-term offender. That means Christopher Dorsey, 55, whose lengthy record includes frauds and assaults, will be closely supervised for a decade when he is released from prison in another 90 days, having served an effective 10 years. A jury convicted Dorsey in 2007 of sexually assaulting three women during drug binges. The Ontario Court of Appeal, however, overturned the convictions, ordering a new trial. But Dorsey pleaded guilty to the same offences last month. TORSTAR NEWS SERVICE

TPS staff inspector found guilty of sexual harassment

Misconduct. Disciplinary hearing officer likens Steve Izzett's claim to 'lines worthy of a Harlequin Romance'

A once-rising star within the Toronto Police Service has been found guilty of misconduct for sexually harassing a female officer and destroying computer files.

In a ruling obtained by Torstar News Service, disciplinary hearing officer Keith Hoilett wrote that he accepts the officer's "core complaint" and rejects former Staff Insp. Steve Izzett's version of events. The complainant's identity is protected by a publication ban imposed by Hoilett at the outset of the hearing, which began in April 2011 and concluded last March after months of delays.

While her evidence was "not without infirmities … after several days on the witness stand there was no sense of an intent to mislead," wrote Hoilett, a retired Ontario Superior Court Justice.

"On the core issues, I have no doubt concerning the sincerity and the reliability of (the complainant's) evidence.... It has the ring of truth to it, fortified by unexaggerated details," he continued. "Equally compelling are those bits of evidence … which tends to corroborate" her allegations.

Izzett's claim that the officer "could not be left in a room alone with him because she would not be able to keep her hands off him are lines worthy of a Harlequin Romance," wrote Hoilett. TORSTAR NEWS SERVICE

Unauthorized software

Hoilett also found Izzett guilty of misconduct related to installing unauthorized software on a service-issued laptop, which resulted in the destruction of computer files.

- "The collective capability of the wiping software purchased and employed by Izzett betrays, in my view, a sinister purpose," Hoilett wrote.

TPS Staff Insp. Steve Izzett, seen here in 2010, has been found guilty of misconduct for sexually harassing a female officer. TORSTAR NEWS SERVICE FILE

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Meet University of Toronto's 16th president

His take. Meric S. Gertler answers a few questions on his vision for the city and tackling university money woes

The University of Toronto has named Meric Gertler, dean of the university's faculty of arts and science, as its 16th president after an intensive international search.

Q. How are you going to tackle the fiscal challenges the university faces?

A: It is a challenging time for universities, not just in Ontario but around the world. They are all struggling because the government can't support them and they've been facing very hard times with the global economic downturn. It's not unique to U of T. But, that said, Ontario is a particularly unique environment.... It means that we have had to be creative in making ends meet. So private fundraising has been a big part of the story. I will be fully engaged in that.

Q. What are you hoping your legacy as president will be?

A: want to do everything I can to cement U of T's position among the very best universities around the world. That is so fundamental to our identity and it's so important to our future because it enables us to attract the best faculty and students from around the world.

Q. What is your vision for the city?

A: I'm a passionate believer in Toronto. I've travelled around the world a lot, and every time I come back here, I think we are so lucky to live in this place. It has this remarkable social diversity and social harmony. The biggest challenges are going to be in areas of infrastructure, particularly transportation.

It's pretty obvious that we have under-invested in all forms of transportation structure for a long time, particularly public transit. If there is anything the university could do to inform those debates, I think it would be a great service to the city region.

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Prof. Meric S. Gertler has been appointed the 16th president of the University of Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

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Latest data

Poll finds Ont. Grits would win a minority if election held now

Premier Kathleen Wynne's Liberals would win another minority government if an election were held now, a new poll has found.

In her first three weeks in office, Wynne has brought the Grits back into a tie with Tim Hudak's Progressive Conservatives and a statistical dead heat with Andrea Horwath's New Democrats.

The Liberals and the Tories are each at 32 per cent while the NDP is at 29 per cent and the Greens are at five per cent, according to the Forum Research survey.

TORSTAR NEWS SERVICE

Make councillors' records public: Motion

Toronto city council is set to consider a landmark transparency motion at its April meeting, which if approved would open councillors' records to the public for the first time.

The Open Ontario motion calls on the province to change its freedom-of-information legislation so that "the records of city councillors" are subject to access requests.

And while that type of legislative change could take years to implement, the motion also asks the city clerk to "immediately" establish an online portal where councillors can voluntarily post their daily schedules.

"People should be able to know what I'm doing with my time while I'm on the city dime," said the proposal's champion, Toronto-Danforth Coun. Paula Fletcher.

Fletcher said it's important that the public and media have the right to investigate what city councillors are doing and who they are meeting with.

"If we'd had this (freedom-of-information) ability during the (attempted) takeover of the waterfront in 2011, that attempt might not have made it as far as it did," she said, referring to the debacle a year and a half ago when Coun. Doug Ford attempted to hijack development plans for the eastern Port Lands.

Frustrated with the slow pace of development, the mayor's brother met with at least one foreign developer to discuss a new plan for the eastern waterfront. The proposal, which would have undone a decade's worth of planning, made it all the way to city council, where it was eventually stopped. TORSTAR NEWS SERVICE

Ban junk-food ads to kids: Panel

Fat kids vs. fat pockets. Health minister says childhood obesity is growing, expensive problem in Ontario

Ontario should stop the promotion and display of junk food at the checkout if it wants to fight childhood obesity, a new report is recommending. ISTOCK

Ontario should ban junk-food advertising to kids under 12 and stop promoting junk food at the cash in retail stores if it wants to fight childhood obesity, a new report says.

Fast-food restaurants and those in grocery stores should also display the number of calories of each item on their menus, the government-appointed panel that prepared the report said Monday.

The bans are just a few of the many recommendations in the report aiming to reduce the number of kids who are overweight or obese.

That number has jumped 75 per cent over the last 30 years, said Health Minister Deb Matthews. In 2004, 27.5 per cent of Ontario kids between the ages of two and 17 were overweight or obese.

"The most devastating part of this trend is that obesity will mark our DNA, changing our metabolism and genetically reprogramming future generations of children to be at greater risk of being overweight," the report states.

It's a growing problem that's also taxing Ontario's health-care system, Matthews said. Last year, the province spent $4.5 billion caring for people struggling with obesity.

"This is a very expensive problem too," Matthews said. "So we simply must take action and we must take action now."

She said she'll consider all the recommendations in the report, but wouldn't commit to implementing the bans.

Kelly Murumets, who co-chaired the panel that wrote the report, said she knows they're contentious proposals.

"I don't think everyone in the province is going to love all of these recommendations, so there will be some pushback on some of them," she said.

More than 30 years ago, Quebec banned ads for toys and fast food aimed at children under 13 in print and electronic media. Other countries followed suit. Last year, a report looking at the impact of the law in Quebec found that children weighed less than their North American counterparts and fewer of them ate fast food.

Matthews should move quickly, said NDP health critic France Gelinas, who has advocated for a ban since 2005. But the minister may be hesitating because the food industry will oppose it, she said.

THE CANADIAN PRESS

'Fat tax'

- The panel didn't push for a so-called "fat tax" on certain high-calorie, low-nutrient foods, saying they didn't feel it was necessary right now.

Leukemia. Students join bone-marrow drive

Students in several Ontario schools are throwing their support behind a five-year-old girl suffering from a rare form of leukemia.

A bone-marrow-swab drive was held Monday at Westmount Collegiate Institute in Vaughn — one of six schools to hold the event in hopes of finding a match for Sarah Watkin, of Thornhill.

Sarah's mother, Leah Watkin, says Sarah was diagnosed with leukemia last October and has since undergone four rounds of chemotherapy, has had more than 50 blood transfusions and is in remission.

But Leah Watkin says her daughter has relapsed once before so her family is looking for a bone-marrow match in case it happens again.

Another bone-marrow drive in Sarah's name will be held at First Canadian Place in Toronto on Tuesday. THE CANADIAN PRESS

Study. Older donated blood may suffer damage

Blood older than three weeks may suffer irreversible damage and not be as effective, according to a study from Johns Hopkins University.

After just three weeks on the shelf, blood cells become more rigid, making it difficult for them to penetrate smaller capillaries, says the study published in the journal of the International Anesthesia Research Society.

Canadian Blood Services keeps its blood for six weeks. It's long been known that as blood ages, it becomes damaged. Many of the damages, like the loss of chemicals that help blood deliver oxygen, reverse themselves after a transfusion.

Two large-scale studies, in Canada and the U.S., are currently being done to determine if and how the age of blood affects treatment.

TORSTAR NEWS SERVICE

Shop til you drop. 12 new stores drop into Yorkdale

Yorkdale Shopping Centre is adding stores to its roster once again, announcing Monday that 12 new retailers will be opening this year.

Holt Renfrew will double its size in August, while Harry Rosen and The Bay will open redesigned locations in the fall.

Yorkdale added 145,000 square feet to bring its total to 1.6 million square feet of retail space.

TORSTAR NEWS SERVICE

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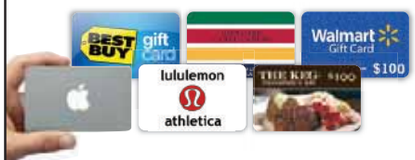

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Down Under. Up to fifteen Australian miners fired over Harlem Shake video

Up to 15 miners were fired from their high-paying jobs in an Australian gold mine after a Harlem Shake performance underground was deemed a safety hazard, a newspaper reported on Monday.

A YouTube video shows eight miners wearing safety gear while performing the convulsive dance in the Agnew Gold Mine last week. The West Australian newspaper quoted a sacked worker who wouldn't give his name as saying up to 15 people were fired, including some who watched the performance but did not participate.

Mine owner Barminco considered the stunt a safety issue and a breach of its "core values of safety, integrity and excellence," according to a dismissal letter cited by the paper.

The letter noted that Barminco would not allow the dancing workers "to be subcontracted by Barminco at any site domestically and globally."

It's not clear from the video what safety issues are raised. The dancing miners wear helmets, but five are shirtless. The sacked worker told the newspaper that shirts had been removed to ensure the Barminco name did not appear in the video.

Australia is experiencing a mining boom, with thousands of workers attracted by high salaries to remote Outback mines. The West Australian said the miners who lost their jobs had six-figure salaries.

THE ASSOCIATED PRESS

Harlem what?

Up to 4,000 videos of the Harlem Shake are uploaded on the Internet daily.

- **Chart topper.** The song Harlem Shake, recorded by Brooklyn disc jockey and producer Baauer, is currently No. 2 on the Australian singles chart.

Police hunt suspect in death of young family

Newborn lost. Baby delivered after parents were killed in car crash died early Monday

Members of Brooklyn's Hasidic Jewish community demand justice, a spokesman said. JOHN MINCHILLO/THE ASSOCIATED PRESS

A close-knit ultra-Orthodox Jewish community in Brooklyn was plunged into a new round of mourning Monday by the death of a baby who was delivered by cesarean section after his parents were killed in a hit-and-run crash a day earlier.

Police hunted for the suspected driver, identified as Julio Acevedo, saying he was barrelling down a residential street in a BMW at 100 km/h — twice the speed limit — early Sunday. He collided with a car hired to take the couple to the hospital because the mother wasn't feeling well.

The baby was buried near the fresh graves of his parents, Nachman and Raizy Glauber, both 21, according to Isaac Abraham, a spokesman for the Hasidic Jewish community. About 1,000 community members turned out for the young couple's funeral a day earlier.

The baby weighed only about four pounds when he was delivered, neighbours and friends said. He died of extreme prematurity, according to the city medical examiner's office.

Acevedo, 44, was arrested last month on a charge of driving while under the influence, and the case is pending. He served about a decade in prison in the 1990s for manslaughter.

THE ASSOCIATED PRESS

Bloody Kenyan election evokes past horror

Officials estimated a turnout of nearly 10 million. BEN CURTIS/THE ASSOCIATED PRESS

Kenya's presidential election drew millions of eager voters Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death by machete-wielding separatists.

Officials urged voters not to be intimidated amid fears the impending election results could spark another round of ethnic-related bloodshed. More than 1,000 people died after the 2007 vote.

The election is the first presidential poll under a new constitution designed to prevent the ethnic violence of 2007-08. Officials estimated the turnout at 70 per cent.

The voting got off to a bloody start when a group of 200 separatists set a trap that killed four police in the coastal city of Mombasa, Insp. Gen. David Kimaiyo said.

The separatist group — the Mombasa Republican Council (MRC) — had threatened election-day attacks. The MRC believes Kenya's coast should be an independent country.

A tally of the violence found that four police and three MRC members died in Mombasa, while six government officials, four MRC members and two civilians died in attacks near the city of Kilifi, all according to police and mortuary officials.

After the polls closed, gunshots and an explosion rang out in the city of Garissa as gunmen stormed two polling stations, said Farah Maalim, deputy speaker of parliament. Security forces responded and the gunmen fled. THE ASSOCIATED PRESS

2007 election violence

Raila Odinga's loss to Mwai Kibaki in 2007 triggered violence that ended only after international action.

- **Charges.** One of the top 2013 candidates, Uhuru Kenyatta, faces charges at the International Criminal Court for allegedly orchestrating the 2007-08 violence.

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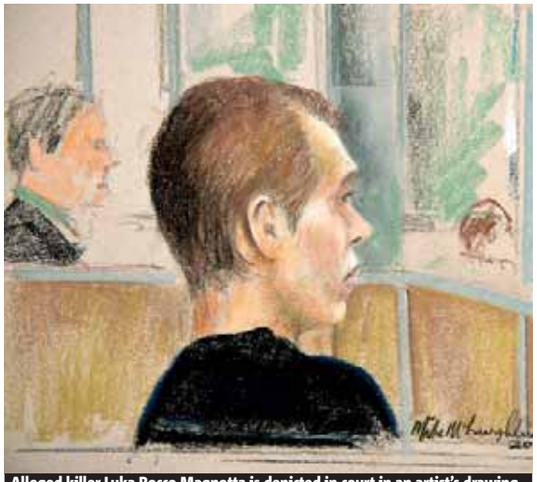
Magnotta wants hearing kept out of public eye

Dismemberment case. Lawyer for accused asks for Montreal courtroom to be cleared of all but judge, lawyers, clerk

When Luka Magnotta returns before a judge for his preliminary hearing next week in Montreal, he'll seek to have the public banned entirely from the courtroom.

While a publication ban on evidence heard at a preliminary hearing is normal, Magnotta's lawyer has also asked to bar everyone except the judge, the lawyers in the case and the court clerk from the room.

The motion states that the grounds for the request stem from an unspecified reason related to Magnotta's personal and medical history, which have not been disclosed in the document.



Alleged killer Luka Rocco Magnotta is depicted in court in an artist's drawing on Jan. 9 in Montreal. Magnotta is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.
MIKE MCLAUGHLIN/THE CANADIAN PRESS

The motion was filed in Quebec Court last Thursday by Luc Leclair, Magnotta's Toronto-based lawyer. It will be debated next Monday.

Magnotta is charged with first-degree murder and other charges in the slaying and dismemberment of Chinese-born student Jun Lin last May.

Magnotta became the subject of an international manhunt after parts of Lin's body began turning up across the country.

The attempts to track him down made headlines around the world.

A spokesman for the Crown prosecutor's office says this morning that there won't be any comment until after the motion is debated.

Magnotta's preliminary hearing is expected to last at least two weeks and several dates could be added in June, if necessary.

His brief appearances since his arrest have been the subject of heavy media coverage. THE CANADIAN PRESS

Ashley Smith. Inmate was treatable, court hears

Troubled young inmate Ashley Smith wanted to work on her behaviour to get out of her near-constant segregation, but before any real progress could be made she was shipped off to yet another institution, an inquest heard Monday.

Smith had been in secure isolation at a youth facility before she was transferred to the Nova Institution for Women in Truro, N.S., on Oct. 31, 2006.

In all, Smith was transferred 17 times between various institutions over the last 11 months of her life — most of that time spent in segregation.

She was a notoriously difficult inmate, frequently hurting herself, most often by tying ligatures around her neck, the inquest has heard.

Smith died at age 19 after strangling herself at Grand Valley Institution in Kitchener, Ont., in October 2007. Guards had been instructed not to enter her cell to remove the ligatures if she was still breathing, the inquest has heard.

Psychologist Allister Webster, who worked at Nova

Ashley Smith
HANDOUT/THE CANADIAN PRESS

while Smith was there, only ended up spending a total of 21 days assessing or treating Smith. In the few months she was at Nova she self-harmed and otherwise acted out a lot, but had also signed off on a therapy plan to get out of segregation, Webster said.

"There wasn't much time to do anything beyond trying to set some groundwork that we might be able to build on, and then she was gone," he said.

She eventually withdrew her consent for treatment, but Webster still believed she could be helped, he said.
THE CANADIAN PRESS

Human Rights Council

Canada–UN food envoy spat is back

The Harper government is formally at war once more with a United Nations agency. The UN right-to-food envoy, Olivier De Schutter, says Canada can't credibly preach human rights on the international stage when too many of its own citizens are going hungry. The government accuses De Schutter of overstepping his mandate and not understanding Canada. THE CANADIAN PRESS

Pitt Meadows, B.C.

No jail time for man who posted rave-assault pics

A young man who posted sex photos on Facebook of an underage girl that quickly spread across the Internet has been handed a conditional discharge. A B.C. provincial court took into account Dennis Warrington's apology, the fact he had no previous criminal record and was only 19 at the time. THE CANADIAN PRESS/ EXCLUSIVELY FOR METRO

Inquiry into fatal mall collapse 'not a trial,' commissioner says

The deadly collapse of a mall in northern Ontario last summer was not the result of a terrorist attack or some other extraordinary circumstance, the inquiry into the disaster heard Monday.

In his opening comments as the hearing kicked off, lawyer Doug Elliott said the causes of the collapse were many but the tragedy should never have occurred.

"A shopping centre mall should not just fall down," Elliott said, who represents local citizens.

"We thought someone would do something before it was too late."

In fact, Elliott said, many people had the opportunity to prevent the tragedy but "failed to do so."

The judicial inquiry under Commissioner Paul Belanger formally began hearings Monday into the collapse of the Algo Centre Mall last June 23.

As relatives of the victims and a few members of the community looked on, Belanger stressed in his opening statement that the aim of the probe is to find out why the roof-top garage caved in, not to find blame or legal fault.

"This is not a trial," Belanger said. THE CANADIAN PRESS

75 witnesses expected

The inquiry is expected to hear from as many as 75 witnesses over the next several months, with the expectation Belanger will deliver his report and recommendations by January 2014.

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22 Dixon Rd.
6620 Finch Ave. W, Unit 4
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3015 Bloor St. W
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808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
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285 Taunton Rd., Unit 20
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10720 Yonge St.
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SCARBOROUGH
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1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
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919 Bay St.
525 University Ave.
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220 Yonge St., Unit H014
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200 Bay St., Unit UC – 132B
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England

Holy handcuffs! 'Batman' turns in alleged thief

A man dressed as Batman has brought a suspected burglar into a police station in northern England.

West Yorkshire Police said Monday that they do not know the identity of the man who appeared in "a full Batman outfit" and turned in a 27-year-old suspect to police in Bradford.

CCTV images released by police show a caped crusader — fully clad with the comic hero's boots, gloves and logo across his chest — standing alongside a man in a red hooded sweatshirt.

Police said the handover occurred on Feb. 25 and the suspect will appear in court on March 8 charged with handling stolen goods and fraud-related offences.

THE ASSOCIATED PRESS

Unhappy hour

U.S. to UN: No boozers at the negotiating table

The United States thinks the United Nations has a drinking problem.

Ambassador Joseph M. Torsella, who represents the U.S. on the UN's budget committee, said in remarks Monday that the tense process of negotiating the world body's annual budget is made more complicated by diplomats who turn up drunk.

The UN budget is finalized in December, when holiday parties apparently lead to some revelry spilling over into budget negotiations.

Torsella said the U.S. is making "the modest proposal that the negotiating rooms should in future be an inebriation-free zone."

THE ASSOCIATED PRESS

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Israel on alert after locust invasion ahead of Passover

Mideast. Modest swarm stirs fears of agricultural losses

A swarm of locusts crossed into Israel from neighbouring Egypt Monday, raising fears that Israel could be hit with a biblical plague ahead of the Passover holiday.

Israel sent out planes to spray pesticides over agricultural fields to prevent damage by the small swarm, which numbers about 2,000 locusts, said Dafna Yurista, a spokeswoman for the Agriculture Ministry. The ministry also set up an emergency hotline and asked Israelis to be vigilant in reporting locust sightings.

All this comes ahead of the weeklong Passover festival, which recounts the biblical story of the Israelite exodus from Egypt. According to the Bible, a huge swarm of locusts was the eighth of 10 plagues God imposed on Egyptians to persuade Pharaoh to free the ancient Hebrews from slavery. Pharaoh did not agree to let them go until after the 10th plague, the death of the firstborn in every Egyptian family.

Passover begins March 25.

Locusts are known to move with the wind, and the swarm was swept eastwards from Egypt, said Amir Ayali, who heads Tel Aviv University's zoology department, on Channel 10 TV.

THE ASSOCIATED PRESS

Quoted

"(The locusts) may not have ruined Pharaoh, but they could ruin us."

Farmer Tzachi Rimon to Israel's Channel 10 TV, fearing a potential onslaught of the pests. Locusts can have a devastating effect on agriculture by quickly stripping crops.

Paws off the gun

Ivan, a three-year-old police dog, takes an aggressive stance under the control of his handler, Lt. John Pickles, outside the Essex County Correctional Facility in Middleton, Mass. Monday. Police say Ivan was searching for a gun in a snowbank and accidentally pulled the trigger with his paw, firing the weapon. No humans, or dogs, were hurt.

ELISE AMENDOLA/THE ASSOCIATED PRESS

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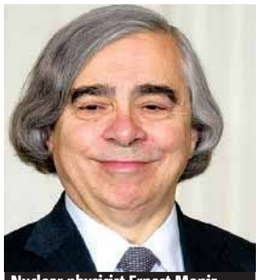
Climate change. Obama picks 'great team' to head environment, energy depts.

As Canada continues to herald its collaboration with the U.S. on climate and energy, President Barack Obama has announced his picks to helm the powerful Environmental Protection Agency and the Energy Department — two people who will now have indirect sway over Canadian policy.

Obama tapped his so-called green quarterback, Gina McCarthy, to become head of the EPA on Monday. The pick represents a promotion for McCarthy, a top agency official who's been a fierce champion for tougher carbon emissions standards for years.

Ernest Moniz, a nuclear physicist at the Massachusetts Institute of Technology, is the president's pick as energy secretary. Obama praised him as a "brilliant scientist" who knows the U.S. can produce more energy while protecting the climate and the environment.

"So these two ... they're going to be making sure that we're investing in American energy, that we're doing everything that we can do to combat the threat of climate change, that we're going to be creating jobs and economic opportunity," the president said in the East Room of the White House.



Nuclear physicist Ernest Moniz
THE ASSOCIATED PRESS

"They are going to be a great team."

He urged the U.S. Senate to confirm both picks soon.

McCarthy's nomination, in particular, has delighted environmentalists, who are still reeling from the U.S. State Department's near-blessing of TransCanada's Keystone XL pipeline last week.

THE CANADIAN PRESS

Family keepsakes removed from rubble at sinkhole site

Crews on Sunday razed more than half the home where a sinkhole swallowed Jeffrey Bush, late Thursday in Seffner, Fla. Crews managed to salvage some keepsakes for family members who lived there, including the family photo seen here. CHRIS O'MEARA/THE ASSOCIATED PRESS

Defence department. Cost delays purchase of 65 jets

The Harper government's plan to buy the oft-maligned F-35 fighter is expected to face another blow, with deep spending cuts about to unfold in the United States.

Defence Minister Peter MacKay says the cuts, known as sequestration, could affect "specific military procurements" in this country.

MacKay told a breakfast event at the Economic Club of Canada that the cuts could slow down the production line of "certain aircraft and certain procurements that we have a direct interest in."

Canada's purchase of 65 jets has been put on hold while a Public Works secretariat overseeing the replacement of the existing CF-18 fighter fleet looks at alternatives and their potential cost. THE CANADIAN PRESS

Production slowdown

The long-delayed and costly F-35 program is considered by U.S. lawmakers a prime target for the budget axe.

- A production slowdown would be a problem for Canada, since the CF-18s will be considered exhausted by 2020.

Taco stand in Mexico

Gunmen killed online reporter

Gunmen shot dead an online journalist while he ate dinner at a taco stand in the border town of Ojinaga, Mexico, across the border from Texas, authorities said Monday. THE ASSOCIATED PRESS

Nobel Peace Prize

Nobel noms are in

A record 259 nominations were received for this year's Nobel Peace Prize. Candidates include a Pakistani girl shot by the Taliban and a U.S. soldier accused of leaking material to WikiLeaks.

THE ASSOCIATED PRESS

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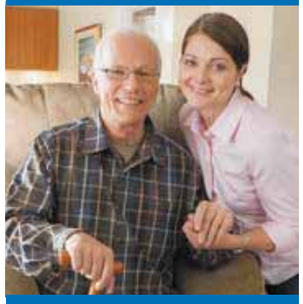

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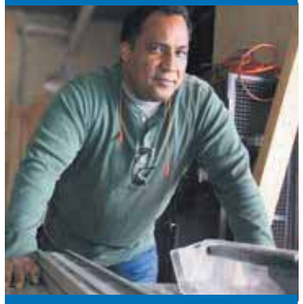

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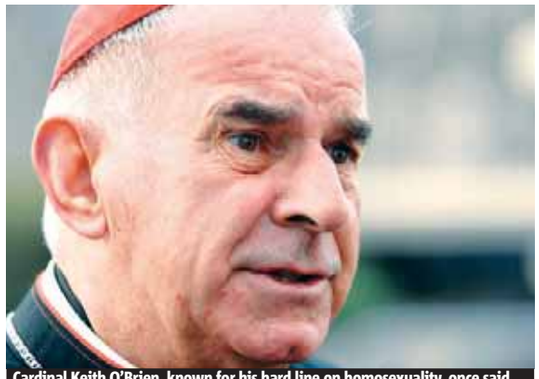
Canada

Cardinal should say 'sorry' to gays: U.K. rights groups

Sexual-misconduct scandal. Vatican refuses to say if it's investigating disgraced Scottish cleric



Cardinal Keith O'Brien, known for his hard line on homosexuality, once said British government plans to legalize same-sex marriage would "shame the United Kingdom in the eyes of the world." SCOTT CAMPBELL/THE ASSOCIATED PRESS FILE

Scottish Cardinal Keith O'Brien, who stepped down from church leadership after admitting sexual misconduct, should apologize to gay people for his years of "vicious and cruel language" about them, Britain's leading gay-rights group said on Monday.

O'Brien resigned last week as archbishop of St. Andrews and Edinburgh after being accused of inappropriate behaviour by three priests and a former priest. On Sunday, he admitted his sexual conduct had "fallen below the standards expected of me as a priest, archbishop and cardinal. To those I have offended, I apologize and ask forgiveness," he said.

Ben Summerskill, of the U.K. gay-rights organization Stonewall, said Monday that the group noted "with sadness that the cardinal didn't find it in him to apologize to gay people, their families and friends for the harm his vicious and cruel language caused."

That view was echoed by human-rights activist Peter Tatchell, who urged the cardinal "to show true remorse for his homophobia and hypocrisy by saying sorry to the gay community for the hatred and harm he has caused — and by publicly repenting his homophobia."

O'Brien had been a staunch advocate of church teaching against homosexuality, calling same-sex marriage "a grotesque subversion of a universally accepted human right." THE ASSOCIATED PRESS

Facing firing squad

Condemned Saudis appeal for help to stop executions

Speaking over a smuggled cellphone from his prison cell, one of seven Saudis set to be put to death on Tuesday by crucifixion and firing squad for armed robbery appealed for help to have their sentences commuted.

Nasser al-Qahtani said on Monday from Abha General prison that he was arrested as part of a 23-member ring of jewel thieves who were tortured to confess and had no access to lawyers. Most of the accused were juveniles

"I killed no one," he said. "I didn't have weapons while robbing the store, but the police tortured me, beat me up and threatened to assault my mother to extract confessions that I had a weapon with me while I was only 15. We don't deserve death."

Human Rights Watch has appealed to King Abdullah to halt the executions, saying there is "strong evidence" the trials violated basic principles of rights to a fair trial.

"It is high time for the Saudis to stop executing child offenders and start observing their obligations under international human-rights law," spokesperson Eric Goldstein said. THE ASSOCIATED PRESS

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Surprise! Target decides to open its doors early

Canadian debut. U.S. retail giant fast-tracks launch of three stores

What does Canadian Tire think of Target's appearance north of the border? These signs, situated in the parking lot of the new Target store in Guelph, give a hint. DAVE CHIDLEY/THE CANADIAN PRESS

Shoppers on the hunt for a bargain will get their first chance to see Target in Canada starting Tuesday as the U.S. retailer opens its doors north of the border at three locations.

The communities, all located west of Toronto, serve as testing grounds for a phased rollout of the brand across much of the country later this year.

The stores, located in Guelph, Fergus and Milton, will begin welcoming customers Tuesday morning as part of the retailer's "soft launch" opening.

Another 21 stores will open this month throughout Ontario, though specific dates and locations haven't been announced. The chain's "grand opening" is still slated for April.

"We wanted flexibility to make sure we open when we are ready," said Target Canada president Tony Fisher as he toured reporters through the Guelph store on Monday. "It's important that we can test and work out any of the bugs and kinks that we might find."

Even Target employees didn't know until this week that the Guelph location was opening so soon, the company said.

Delivering an element of surprise is apparently something that Target can afford, since so much anticipation has built up around its Canadian launch.

As the media tours went on inside the store, several curious consumers drifted by the front entrance in their cars trying to catch a glimpse through the windows, which were papered with the company's trademark bull's-eye logo.

"We have some, what I would say, are very strong estimates of what our stores are gonna do, but right now they are estimates," said Fisher, without offering any further details.

By the numbers

92%

According to Target, awareness of the company's brand among Canadian consumers jumped to 92 per cent earlier this year, compared to about 70 per cent in 2011 when the retailer first announced it would open stores in Canada.

A study from Brand Finance Canada released Monday found that Target's brand strength in Canada is already considered nearly as valuable as domestic retailers like Loblaws, Canadian Tire and Shoppers Drug Mart.

Overall, Target is expected to open between 125 and 135 locations in Canada. After the Ontario roll out, Target will begin moving into provinces in the West and eventually into Quebec. None of those opening dates have been announced. THE CANADIAN PRESS

BP trial. Executive defends company report on causes of deadly rig explosion

The BP executive who led the company's probe of the Deepwater Horizon rig explosion denied Monday that his investigators narrowly focused on rig workers' actions to spare onshore engineers and managers from blame for the disaster.

At the start of the second week of a trial in New Orleans over the 2010 oil spill in the Gulf of Mexico, a lawyer for rig owner Transocean Ltd. asked the BP executive, Mark Bly, why his team's report doesn't mention a call from BP rig supervisor Donald Vidrine to an onshore engineer less than an hour before the blast.

Notes from interviews by BP investigators show they knew about a telephone call in which the engineer, Mark Hafle, and Vidrine discussed the results of a crucial safety test that Vidrine allegedly misinterpreted. Hafle told the BP investigators he had warned Vidrine that the results indicated the test may not have been properly lined up.

But BP's September 2010 report says its investigators found no evidence that the Transocean rig crew or BP rig supervisors consulted anyone "outside their team" about the test results. THE ASSOCIATED PRESS

Divvying up the bill

- The trial opened last Monday and, barring a settlement, is expected to last several months. U.S. District Judge Carl Barbier could decide how much more money BP, Transocean and other companies must pay for their roles in the disaster.

Budget battle. GOP unveils government-funding bill

Republicans controlling the U.S. House moved Monday to give the Pentagon more money for military readiness while easing the pain felt by such agencies as the FBI and the Border Patrol from the across-the-board spending cuts that are just starting to take effect.

The effort is part of a huge spending measure that would fund day-to-day federal operations through September — and head off a potential government shutdown later this month.

The measure would leave in place automatic cuts of five per cent to domestic agencies and 7.8 per cent to the Pentagon ordered by President Barack Obama Friday night after months of battling with Republicans over the budget.

Both Democrats and Republicans for months have warned the cuts are draconian and would slow the growth of the economy and cost hundreds of thousands of jobs. THE ASSOCIATED PRESS

Mortgages. Interest rates expected to head south

Despite ongoing concerns about high levels of debt, analysts say interest rates in Canada are going nowhere except perhaps down — as demonstrated by one major bank's decision to shave the rate it charges for five-year mortgages.

The Bank of Montreal has dropped its posted five-year fixed mortgage rate by 0.10 points to 2.99 per cent in an effort to attract new borrowers ahead of the important spring real estate market.

Other banks may follow suit, although analysts note that many borrowers have been able to negotiate a 2.99 rate or lower even when the posted rate among major Canadian banks was at 3.09 per cent

The concern is that with teaser mortgage rates like the one announced Sunday by BMO, Canadians will continue to invest in real estate and push home prices up, with potentially dire consequences for the economy and homeowners.

In a statement, Finance Minister Jim Flaherty said he has taken several steps — including reducing the maximum amortization period to 25 years from 30 in July — to discourage marginal buyers from being lured into taking on a bigger mortgage than they can afford over the lifetime of the loan.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.30¢ (-0.06¢)

TSX 12,707.41 (-65.71)

OIL $90.12 US (-$0.56)

GOLD $1,572.40 US (+10¢)

Natural gas: $3.54 (+8¢)
Dow Jones: 14,127.82 (+38.16)

Bombardier sued for $460M

An S-Bahn commuter train winds through Berlin in this 2009 file photo. Deutsche Bahn, the organization in charge of the city's commuter rail service, is suing Bombardier Transport for $460 million over allegedly defective trains. The rail operator says the wheels and axle shafts on trains have had to be redesigned and replaced at great financial expense. It says the lawsuit comes after a failure to reach an out-of-court settlement with Bombardier. THE ASSOCIATED PRESS FILE

Energy drinks. Monster says there's no proof that 'caffeine toxicity' killed 14-year-old

Monster Beverage is hitting back at a U.S. lawsuit alleging its energy drinks were responsible for the death of a 14-year-old girl, saying that no blood test was performed to confirm that the girl died of "caffeine toxicity."

The disclosures come amid intensifying scrutiny of energy drinks and their caffeine levels. The suit filed last year by the family of Anais Fournier said the girl went into cardiac arrest after drinking two 680-gram cans of Monster drinks in a 24-hour period.

The U.S. Food and Drug Administration has also said it is investigating reports of deaths linked to energy drinks, including five that cite Monster beverages. The agency notes that the reports don't prove the drinks caused the deaths.

THE ASSOCIATED PRESS

Dreamliners

Boeing says it can move quickly on 787 fix

Boeing says it's ready to move quickly to get its 787s repaired and back in the air if it gets U.S. federal approval for a fix for the batteries that have grounded the planes.

Boeing submitted a plan to the Federal Aviation Administration (FAA) on Feb. 22. Now it needs the FAA to approve the scheme and ultimately to certify the design. The FAA's experts could recommend this week whether to accept the plan.

Ray Conner, who runs Boeing Co.'s commercial airplane unit, described the process to analysts on Monday. The 787s have been grounded since Jan. 16 after a battery fire on one plane and an emergency landing caused by smoke from another battery.

THE ASSOCIATED PRESS

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THANKS FOR THE MAMMARIES

SHE SAYS

Jessica Napier
metronews.ca

The childhood adage that "my body's no body's body but mine" doesn't exactly hold up in a culture obsessed with judging other people's physical appearance. It seems our private bodies — and women's especially — are a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for "contracting the flu" (i.e., starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the Les Misérables number. Similarly, in 2012 Angelina Jolie's right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 different Twitter accounts dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series Girls, has been applauded and criticized for deliberately exposing her naked and normal-looking (gasp!) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Ballsy writing and poignant story lines be damned — let's talk about those stomach rolls!

Of course, it's not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while Justin Trudeau's voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There's no doubt that other people's bodies are fascinating, but it's scary to think that lustrous locks might help an ambitious politician become the next prime minster.

Twitter parody accounts that give individual limbs their own online personality might be provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding armchair critics has become.

Sadly, it's just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham's exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person's body — what it should look like and how much of it we want to see — we're not only ignoring more significant conversations, we're elevating the importance of the body and undermining the true value of the individual.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Earth's cut is the deepest

CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth's surface. Early results from the historic 10-year, $500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old, hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth's deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

Volcanoes spit it back

What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down the young Earth's relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

Clickbait

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.

@horse_ebooks
"I adore key limes and am always on the lookout for new ways" Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you'll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda
"I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?" Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn't gone to the giant steakhouse in the sky.

@50ShadesChicken
"It's not food porn till you get out the twine." Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven't heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living "penalty cards"? http://ow.ly/iblbu What sidewalk behaviour annoys *you* most? Tell Metro!

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@goodnighthush: @metropicks on rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

Want to get your tweets here? Follow @metropicks on Twitter for the best of Metro's writers and take part in our daily poll.

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DVD review

The Master

Director. Paul Thomas Anderson

Stars. Philip Seymour Hoffman, Joaquin Phoenix, Amy Adams

Joaquin Phoenix plays raging id to Philip Seymour Hoffman's controlling ego in Paul Thomas Anderson's rich Freudian bromance. Circa 1950, Phoenix's Freddie Quell returns stateside as an alcoholic drifter following Second World War navy service. He meets by chance Hoffman's Lancaster Dodd, the smug, powerful and charismatic leader of a quasi-religion known as The Cause (read Scientology). The two vividly sketched characters engage in mind games as Dodd, whose minions call him The Master, attempts to redeem the fallen sailor — or is it the other way around?

PETER HOWELL

The Twilight Saga: Breaking Dawn — Part 2

Director. Bill Condon

Stars. Kristen Stewart, Robert Pattinson, Taylor Lautner

In this fifth and concluding chapter (finally!) of the young vampire romance franchise, a dreary series manages to find a pulse. It does so not through the drama, which is goofier than ever, but through comedy, some of which is actually intended.

PETER HOWELL

Star of Red Widow weaves a tangled web

Art imitates life. Radha Mitchell finds personal life parallels in her character in new CTV Two series

NED EHRBAR
Metro World News in Hollywood

Red Widow airs on CTV Two on Sundays at 10 p.m. EST. HANDOUT

Radha Mitchell comes to television with Red Widow, playing a woman forced to pick up her husband's criminal activities after he's killed. It's juicy stuff, to be sure, and just what the Australian actress — known for film roles such as Silent Hill, Finding Neverland and Man on Fire — had been looking for.

"Marta Walraven is pretty much my dream character to play," Mitchell says.

"Basically she's a woman who has been avoiding her criminal upbringing by living the life of a soccer mom and is suddenly dragged into a world that she's been trying to avoid pretty much her whole life when her husband is assassinated in relation to a drug incident. And in the process she discovers things about herself and talents that she didn't know she had."

Mitchell says she relates quite a bit to her character, though she's wary to get into specifics. "Well, I guess the parts that I relate to I probably wouldn't really want to share," she says with a laugh. "But in terms of being thrown into a situation, I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary. I came out when I was, like, 23 or something. I didn't know anybody and I was staying on my manager's couch. But it was probably one of the most exciting junctures in my life because, you know, it was all about what could happen. I mean it wasn't scary in the same way, but yeah."

So with a move to television — something very common for film actors these days — does that mean Mitchell's not looking for movies right now?

"I'm over films," she jokes. "I was actually sort of at this point in my life. And also, I feel like exciting characters are on television right now."

A whole new world

"I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary"

Radha Mitchell on relating to her character in Red Widow

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Brad May and his daughter are crazy about cache hunts

YTV. NHL star finds out stubbornness runs in the family while teaming up with his 13-year-old

METRO NEWS
scene@metronews.ca

Former NHL star Brad May and his 13-year-old daughter Samantha are on the hunt. The Stanley Cup winner and the teen are among the family teams battling it out on the new YTV show Cache Craze, which begins airing Saturday.

The competition show — where teams of two search for virtual caches that can only be unlocked after they climb, crawl and jump through over-the-top outdoor obstacles — is providing an opportunity for May, who was away from his family while playing hockey, to bond with his daughter.

Metro recently spoke to the father-daughter team about the show and the chance to work together.

Why did you want to be involved in Cache Craze?
Brad: It was a great opportunity to spend time with my daughter. We love competition! Also, the prize was a draw — a chance to win a $10,000 school fund for Samantha.

Sam: I was actually asked to participate by one of the producers so I then needed a partner. After my older brother and mother both declined, I was only left with my dad.

What have you learned about each other that you didn't know before filming the show?
Brad: We are so alike. Didn't realize how much until we started filming the show. My daughter is stubborn and found out that I was too.

Sam: Agreed with my dad. We can both be stubborn.

Who is the most competitive and why?
Brad: We are both competitive, but we also play fair. Samantha is so tough. She persevered throughout the show. She also found a way to dig deep and get the job done.

Sam: That's easy. It's me. I learned from the best and seeing my dad play hockey all of my life, how could I not be competitive?

Who has the better natural sense of direction?
Brad: Me. I am very good with directions.

Sam: I know my way around, but as mentioned, I can be stubborn and that sometimes gets in the way of the most direct route.

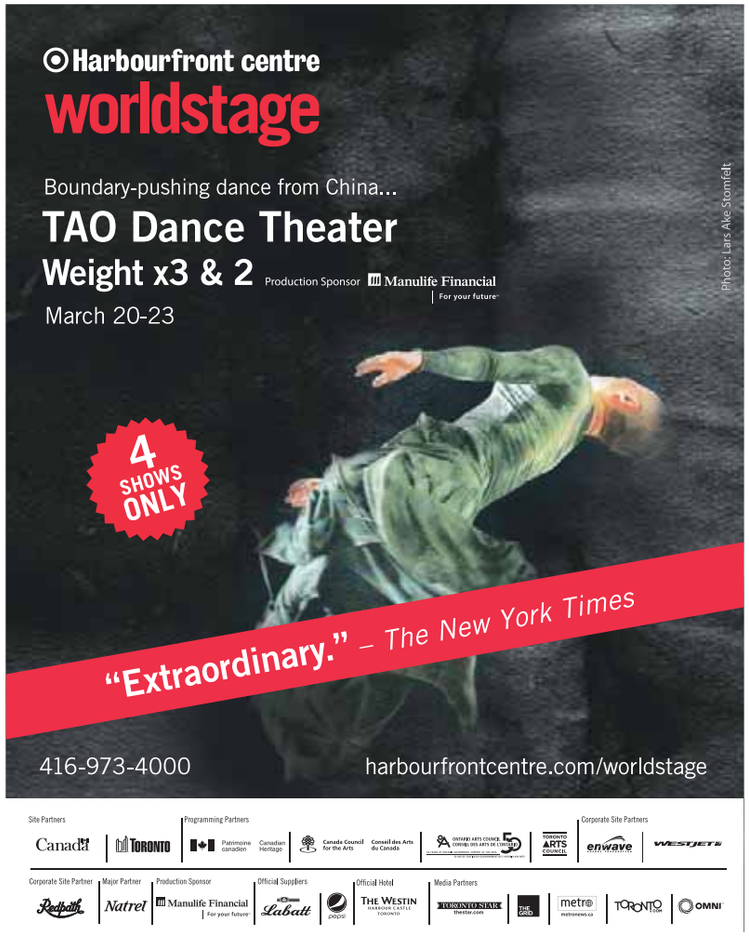
What is your advice to parents and children on how they can build relationships?
Brad: Patience, love, a firm hand and a set of morals. Laughter goes a long way. And listening. Stop what you're doing and think about what you were doing at their age — your perspective will change.

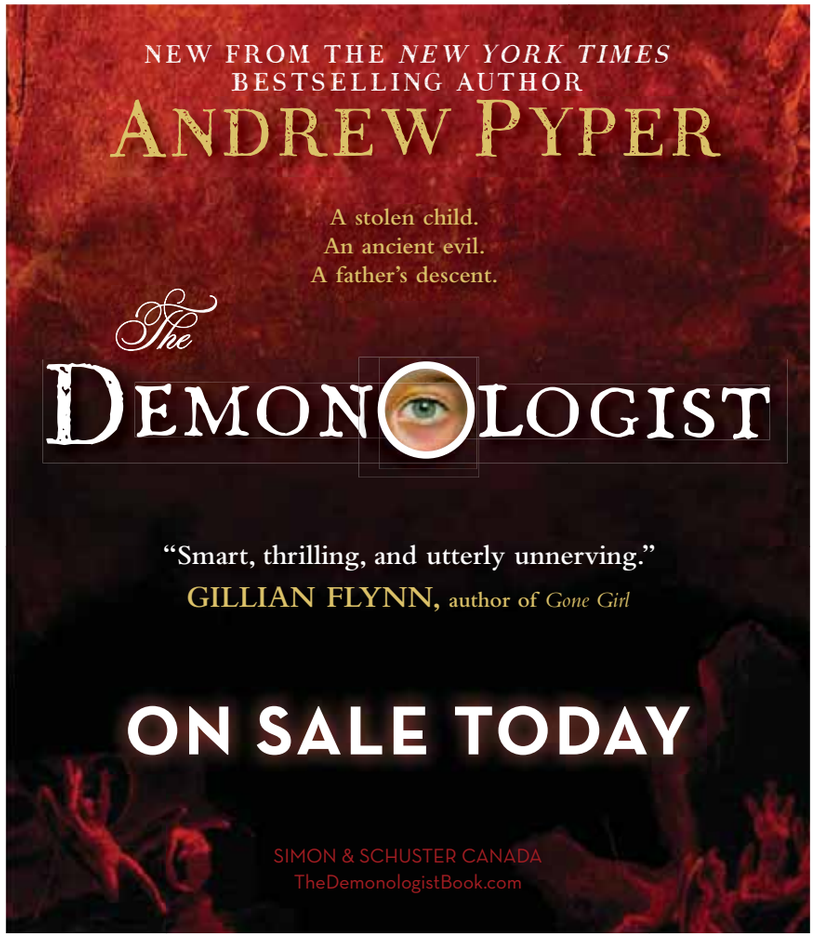
Bieber contest winner

Fan can't Beliebe her luck

Fans from all over the world entered Metro's two week "I Beliebe in Love" contest for a chance to meet Justin Bieber. But it was 15-year-old Valeria Viteri, from Peru, who captured our Global Jury's attention and the most votes (an impressive 9,022!).
Viteri will have a once-in-a-lifetime VIP experience during Bieber's "Believe" tour in Europe and will even get to meet the pop star. Viteri couldn't stop screaming when she got the phone call notifying her that she'd won.

You will really meet Justin Bieber. How do you feel about it?
I am extremely excited and still cannot believe it's true. It means so much to me, to meet him and tell him how much I love him. I hope I don't get star struck.
MWN





METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hollywood's next pint-sized power couple?

THE WORD
Dorothy Robinson
scene@metronews.ca

In today's Lifestyles of the Rich and Famous: The Prepubescent Set, it looks like Jaden Smith, 14, and Kylie Jenner, 15, are going steady.

"They're dating," says a source close to Jenner. "It's new, but they've been friends forever."

Jaden, who was in London recently for Justin Bieber's 19th birthday party, took Jenner to Caffe Nero in London's Piccadilly Square on Sunday.

Jenner was previously dating Australian pop star Cody Simpson. So this is it. Welcome to your future: We're going to be reading about who these two are dating for the next 30 years. Starting now. Horrifying, isn't it?

Biebs explains why he bashed his birthday

Justin Bieber is taking issue with reports that he had the "worst birthday" — as he referred to Friday's celebration via Twitter — because some of his friends were barred entry to the nightclub where he was celebrating.

"The funny moment when people believe I brought underage people to a club," Bieber says in a post on Instagram. "I love how the club wanted to give the press another reason to why we didn't stay at their weak-ass club so they wouldn't look bad for me walking in and right back out."

As for what was behind his enigmatic two-word tweet? "I said 'worst birthday,' but that was due to dummies pushing over my fans and being overly aggressive," he writes. "It wasn't the worst birthday because all my friends from back home flew in. I was just mad in the moment."

Adele ALL PHOTOS GETTY IMAGES

Adele's young son gets his own golden statue

Clearly receiving an Oscar statue for Skyfall gave Adele some ideas. Back home in London after last week's Academy Awards, the singer posted a photo to Twitter of her best song Oscar alongside a smaller replica award that read Best Son, a souvenir she picked up for her baby boy, born in October. "Thanks for having us, Hollywood," she wrote along with the photo.

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The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the Fifty Shades trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

ROMINA McGUINNESS
romina.mcguinness@metro.lu

You don't say no to this personal trainer. THINKSTOCK

Throughout the Fifty Shades trilogy, the main protagonists, Anastasia Steele and Christian Grey have "ridiculous, off the hook sex" every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

"I kept hearing women say, 'Who has the stamina or the flexibility for that kind of sex?'

"Anastasia wasn't just on her back. She was contorted all over the place."

But that's fiction. According to James, women are exhausted. "They don't have enough stamina in the bedroom."

James wanted her workout to help women look and feel better. "You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books."

IN FOCUS: THE 50 SHAPES WORKOUT

The Pilates based exercises are designed to help you execute moves from the book. "The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner," says James. "Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels."

Here's what it will help you achieve:

A strong core

With age, women tend to hold body fat around the mid-section. The stomach area is what women dread the most, explains James, but doing moves that work your core will tighten things up. "A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute," she adds.

Your abs will be on fire by the time you're done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. "After childbirth, the muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight and taut so that when you do reach climax — sensations will be 10 times more powerful."

Get started by doing three sets of 10 James' Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for "a better, bolder sex life."

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

Sample sexercises

Night moves

James says she incorporated more flexibility training and core strength into common exercise routines. "All you need is a mat and chair. And a bed for later."

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine.

Why you need to check in with your doc

Annuals. Here's what your physician is looking for when you go in for your physical

DR. MARK MELROSE
Metro World News

An annual physical by your primary care physician is meant to provide a baseline window on what is normal for you and detect abnormal conditions or disease states that may not present any symptoms before causing you harm. Here's what we're looking at when you see us:

Vital signs
These are a basic dashboard measure of how hard your body is working and include: temperature (normal is 98.6 F); pulse (60 to 100 per minute); blood pressure (120/80); respiratory rate (10 to 16 breaths per minute); oxygen saturation (how much oxygen is dissolved in your blood, which should be 96 to 100 per cent). Fever, dehydration, anemia, or disturbances in your metabolism or the circulatory or respiratory systems can influence any or all of these parameters and give an indication of your overall well-being.

CBC (complete blood count)
This is a measure of the number and type of cells in the blood. Red blood cells carry oxygen and require sufficient dietary iron for normal levels. Too few red blood cells result in anemia, causing a lack of energy and fatigue, or in severe cases, headaches, fainting or breathlessness. White blood cells help to fight infection and if elevated indicate infection or inflammation somewhere in your body. Very high WBC levels can be an indication of leukemia, a form of blood cancer. Platelets are the components of your blood that initiate normal clotting and can result in bleeding if too low, or harmful blood clots if too high.

Checking basic vital signs are an important part of any check up. ISTOCK

Urine analysis
This office test looks for evidence of too much sugar, acid, protein and red or white blood cells in the urine. Abnormal findings may be a sign of diabetes, kidney stones and kidney inflammation or infection.

Thyroid hormones
The thyroid gland is the body's master thermostat and controls your overall rate of metabolism. Too much and you may be hot, experience heart palpitations and have a tremor. Too little and you may be sluggish, gain weight and feel cold.

Cholesterol
This is needed to build healthy cell membranes in every part of the body. Too much cholesterol causes premature hardening of the arteries, which can lead to cardiovascular disease or strokes. Too little and your body will fall apart, literally!

Chest X-ray
This can find abnormal nodules that may suggest cancer, an enlarged heart or evidence of infectious disease or inflammatory conditions.

EKG (electrocardiogram)
This looks at the electrical activity of the heart and can detect abnormalities in rhythm and heart size or show evidence of strain or injury as a warning sign or evidence of a heart attack.

Breast, rectal, testicular or pelvic exams
These exams, though briefly uncomfortable, are designed to find signs of cancer and may actually save your life if suspicious findings are discovered early, before you have other, more obvious symptoms.

MARK MELROSE, DO, IS A BOARD-CERTIFIED EMERGENCY PHYSICIAN AT URGENT CARE MANHATTAN.

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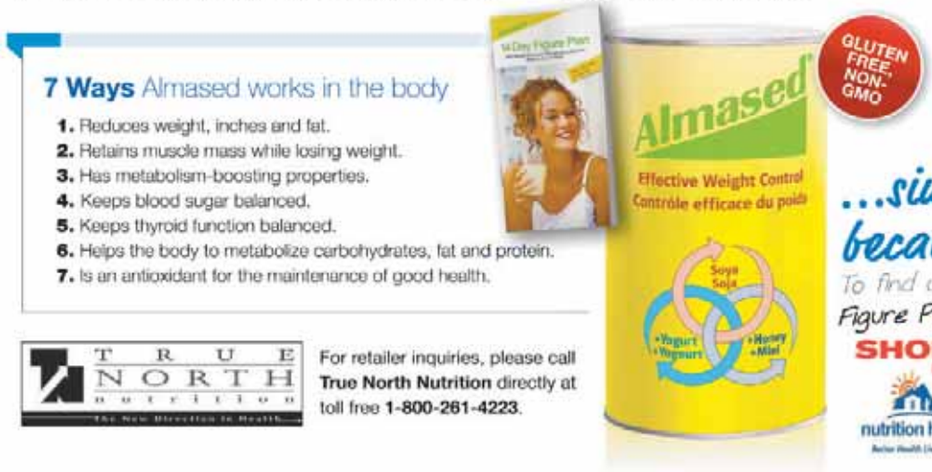

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Tests that you don't want to fail

Screening. Prevention is key, so keep an eye on what's going on in your body

LINDA CLARKE
Metro World News in NYC

Screening is an important part of preventative health care. We asked Dr. Michael Smith, chief medical editor of WebMD, which tests the average person needs and when.

In your 20s

Blood pressure
"Everyone should get their blood pressure tested — how often depends on the result: certainly during your annual physical, if it's higher, more often than that."
Diabetes
"Two-thirds of adults are overweight and possibly pre-diabetic."
Skin cancer
"Do regular self-exams (and) look for any changes. See your doctor if you're concerned."
HIV
"Depending on sexual behaviour, everyone should get tested at least once in their lives, especially when you're young."
Just women — cervical cancer
"Twenty-one is the recommended age for women to start pap smears."
Just men — testicular cancer
"There's some controversy over testing for testicular cancer, but the American Cancer Society recommends age 20."

Regular blood pressure check-ups are rated E for everyone.
ISTOCK

In your 30s

Cholesterol
"Anyone at risk should start in their 20s, but for everyone, by age 35 it's more essential."
Glaucoma
"There are no symptoms, but if you lose your sight from glaucoma, it doesn't come back."
Hypothyroid/Hyperthyroid
"The thyroid regulates metabolism and just about everything in the body. Testing is becoming more common, especially for women."
Just women — HPV
"Many women test positive in their 20s and it goes away. In your 30s, conditions should be monitored."

40s and above

Colorectal cancer
"At age 50, the ACS recommends colorectal screening."
Just women — breast cancer
"There's some controversy, but the ACS says at age 40 women should start mammograms every other year. Talk to your doctor about when to start testing."
Osteoporosis
"It's generally age 50. Sometimes women with a family history get tested earlier."
Just men — prostrate cancer
"Begin the discussion with your doctor at age 50. No one recommends regular PSA blood tests until then. But men at high risk begin in their 40s."

Studies show

Study: Discussing past drug use with children

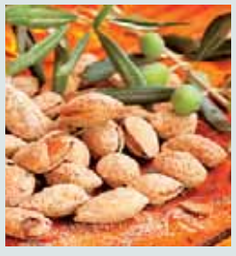
Subjects: 561 students in Grades 6 to 8

Results: A University of Illinois at Urbana-Champaign study found that children whose parents talked to them about alcohol, cigarettes and marijuana were more likely to be against drugs. Those whose parents told them about their own past drug use produced more positive views about drugs.

Study: Plant-based diets

Subjects: 7,447 individuals ages 55-80, at a high risk for cardiovascular disease

Results: Research from the sixth International Congress on Vegetarian Nutrition states that eating a Mediterranean diet that includes nuts and virgin olive oil can slash heart disease risk by 30 per cent. Want to espouse the diet for yourself? Start incorporating more fresh produce, seafood, whole grains and nutritious fats, like walnuts and olive oil.



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APOTEX ADVANCING GENERICS

Stuff salmon to perfection with olives and tomatoes

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This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley

1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Caviar of the people

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

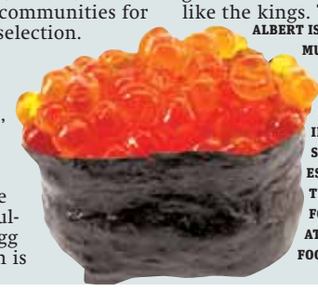
Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

- Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.

- Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.

- Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

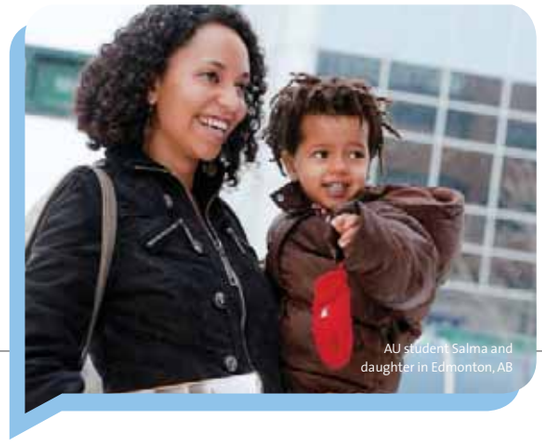


Noodles and noodles of yum

The noodles in this Shrimp and Shiitake Noodle Stir-Fry are a fun and approachable dish for a busy weeknight.

Asian markets are jammed with many different noodle varieties. This is a thick noodle, but you can use other varieties for a different texture. Just be sure to cook the noodles until just a few minutes shy of being done. They will continue to cook while being stir-fried.

As with all stir-fries, which by definition are cooked fast and at a high heat, it's best to prep all of your ingredients and have them near the stove before you begin cooking.



AU student Salma and daughter in Edmonton, AB

Ingredients

- 2 tbsp sesame oil
- 1 small sweet onion, sliced
- 7 oz shiitake mushrooms, stems removed, thinly sliced
- 1 red bell pepper, cored and thinly sliced
- 9 1/2-oz package thick Asian-style noodles, such as udon
- 1 lb small shrimp, cooked and peeled
- 2 tbsp oyster sauce
- 3 tbsp low-sodium soy sauce
- 1 tbsp toasted sesame seeds
- 1/4 cup thinly sliced scallions

1. Bring a large saucepan of water to a boil. While the water heats, in a large deep skillet or a wok over medium-high, heat the oil.

2. Add the onion and sauté for 4 minutes, or until tender. Add the mushrooms and cook for 6 to 7 minutes, or until browned and tender. Add the red pepper and cook for 2 minutes. Just after adding the red pepper to the pan, add the noodles to the boiling water. Cook for 2 minutes, or until just al dente.

3. After 2 minutes, use tongs to pull the noodles out of the boiling water and add directly to the wok. Add the shrimp, oyster sauce and soy sauce, then toss well. Cook until heated through and the noodles have finished cooking, about another 3 to 4 minutes. Toss with the sesame seeds and scallions. THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Savouring our dinnertime

The chef. Metro talks to Vikram Vij about eating with your kids and his upcoming online cooking show

THERESA ALBERT
life@metronews.ca

Vikram Vij, an award winning chef in Vancouver, wants you to find time for family meals. His mission starts in the form of Canada's first live online cooking show.

His simple Indian meal is family friendly and he will show you step by step in a cook-along live video broadcast with Metro at metronews.ca/vijcooklive this Thursday at 6 p.m. ET.

Better yet, questions can be tweeted live during the show using the hashtag #vijcooklive.

Did you grow up eating with your family? In Canada?
I grew up in India and left home at 19. It was a cultural to have family dinner because my dad was strict insisted on dinner at 8 p.m. every night. At the time it seemed strict but my father wanted to connect with his family. Now as a parent myself, I can't do this every night, but on my days off it is a more formal affair where the kids set the table and we cook, savour and appreciate.

How old are your kids?
My children are now 14 and 16 and I find I learn a lot around the dinner table listening to them. There's an opportunity to model moral lessons. I learned social lessons at the dinner table watching my father dominate my mother, who was a typical Indian woman. I learned to protect my mother when she needed it. Eating together keeps people interacting and that is an important part of life.

Is this a job, career or mission?
Feeding people has deep roots of awareness of cuisine and culture... More than anything, eating together is important, but in my culture, we serve food as a symbol of sharing.

What is so great about eating with the family? Most families bicker!
What's wrong with bickering? If you are using pots and pans in the kitchen, it's going to make noise. If you have people coming together, they are going to make noise. That's what life is all about. I would rather have someone to bicker with than be alone and eating. Humans need to discuss and debate, it's natural.

How about picky kids?
My dad was the child at the table because he didn't like spicy food, but for me, I always wanted it spicier. Now, one of my children doesn't like spice. The thing parents need to be sure of is that kid's bodies will tell them to eat. They will eat what is put there. The only trick is to slowly integrate flavours into the meals and get them accustomed to it.

How many families do you know who are all home at the same time? Are we being impractical?
Listen, family meals don't mean that you have to be all together all the time. The effort needs to be made, that's it. The physical art of being together in the room, sharing food simply needs to be a goal.

Can everyone accomplish this?
I think it is possible for us to go toward the goal. It is the idea that is important. Anything can happen if you stay focused... it is more about communicating. Food is the most important common denominator. ... Involving the kids at every step of the way is important because it keeps the whole community together.

Cooking with Vij

- Want to cook along with Vij? A complete shopping list and the recipes for his online cooking show are available for download at metronews.ca/vijcooklive.
- Remember to go online Thursday at 6 p.m. ET for Canada's first live online cooking show.

Vikram Vij with his wife Meeru Dhalwala. PROVIDED

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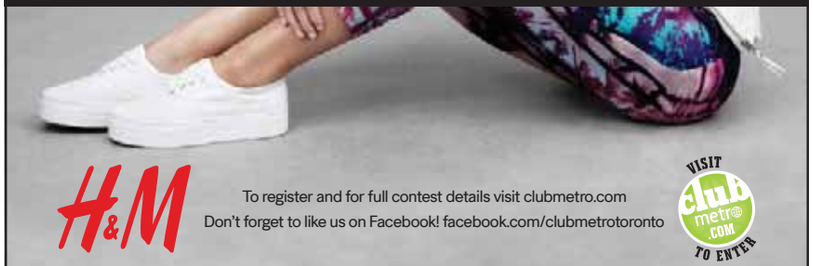

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Safeguarding your savings

Allison on Money. With less time to recover losses, it's time to protect what you've got

YOUR MONEY
Alison Griffiths
money@metronews.ca

Never, ever gamble with your nest egg. ISTOCK IMAGES

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island.

During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings.

The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price. His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future. What's the lesson here? First and foremost, protect what you've got, particularly as the years roll on, because you have less time to recover losses.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement.

It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money, but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage. Learn from my Vancouver friend and my dad. Safeguard savings or home equity and never gamble with them for any reason.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

33%

33 per cent of Canadians don't believe they have enough saved for retirement.

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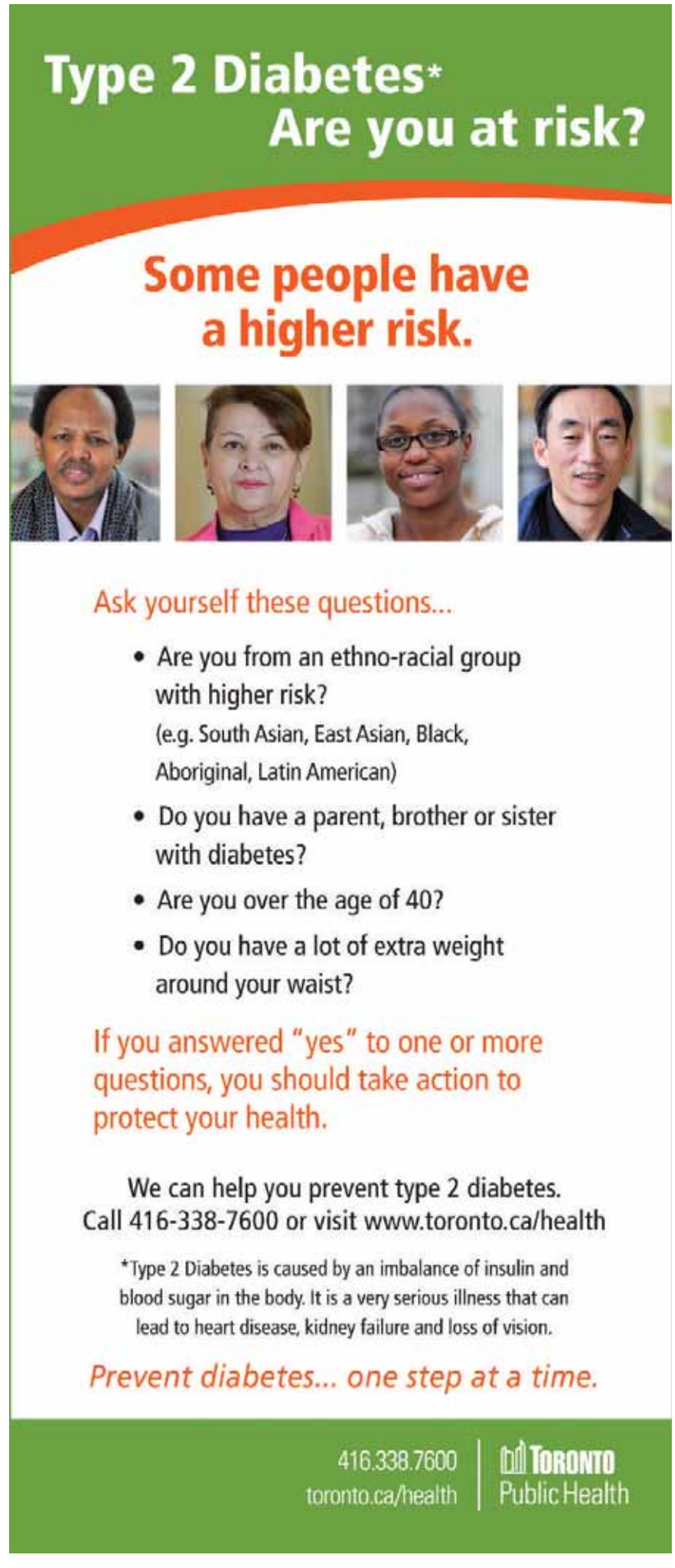
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Season for home improvements

Value. Different ways you can finance your project to spruce up your home

YLVA VAN BUUREN
For Metro

Home improvements can increase the value of a home — and often make living there more enjoyable, too. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

Home improvements can increase the value of a home — and often make living there more enjoyable, too. Here are the most popular ways to borrow money to fix up your home this spring:

- Secured LOC: If you have equity in your home, probably the best, most convenient, and lowest interest rate product is a home equity line of credit. They can be had for prime plus a half a percent, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto.

"An LOC gives you the flexibility to draw money when you need to and pay it back when you're able," says Judi Forbes, branch manager, Meridian Credit Union, Courtice, Ont. While there are usually fees, they are worth it if you are doing big renovations, she says.

- Unsecured LOC: "If you need a small amount, for example $10,000, I recommend looking at an unsecured LOC because there are no other fees," Forbes says. "The interest rates are higher but relatively low for borrowing."
- Refinancing: If you have equity available in your home, refinancing your home is a great option, says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "If you took out a mortgage five years ago, refinancing the mortgage now to bump it for renovations will also likely get you a lower rate."

Often, when you refinance the existing mortgage, the financial institution will take the interest rate you are paying now, add the renovation funds to the amount, and blend those rates to whatever term you choose.

Should you get an LOC or refinance? It can depend on your borrowing habits, says Forbes. "If someone always carries a balance or max's out their credit cards, I would recommend refinancing the existing mortgage because it puts them on a regular payment plan."

Riding the interest rate train

Interest rates are at a 60-year low, which makes borrowing money for home ownership — and improvement — very attractive. But how long can these rates last?

"As long as the United States is committed to a zero interest policy we really can't raise our rates either," says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. "I think we've got a good two or three more years to ride this train."

The Bank of Canada sets the bank rate, which is the rate of interest it charges major financial institutions when they borrow money. Then, the financial institutions set their own rates depending on the product, various market forces, and their own profit margins.

"The cheapest money is always money that's secured on a property," Smith says.

That means mortgages and secured lines of credit are the most inexpensive right now. Keep in mind that lines of credit are generally not as low because they are "revolving," Smith explains. "You can pay the money back and then re-borrow it while a mortgage doesn't typically allow you to do that."

Loans that are not secured on property are markedly more expensive, and credit cards carry the highest interest rates at 17 to 20 per cent, and as high as 29 per cent for store credit cards.

Experts recommend that consumers shop around and weigh interest rates against the product and the term.

You will find five-year rates for less than three per cent. "We're doing 10-year mortgages for about 3.65 percent," Smith says.

"I think in five years, rates will be significantly higher than they are now. So, yes, I'm doing five-year mortgages at 2.89 per cent and it is more expensive to take the 10. But you'll be protected in the long run."

YLVA VAN BUUREN

Are you looking for a new car? You will likely need financing for your new toy, so do your homework before borrowing. ISTOCKPHOTO/THINKSTOCK

Borrowing. Do your homework

KELLY PUTTER
For Metro

Time to trade in that old junker for a shiny sports car? Or perhaps you are jonesing for serious summer cruising on a new Harley or powerboat?

Either way, you will likely need financing for your new toy so what are the best ways to borrow without getting burned?

As practical and dull as this may sound, do your homework first, recommends Scott Hannah, CEO of Credit Counselling Society, one of Canada's largest organizations that helps people manage money and debt.

"People spend a lot of time looking at the features of their new toy," Hannah says. "But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Go online and find out. Think about worst-case scenarios: What if I lose my job? How much should I put down on the purchase? Do I have enough emergency savings on hand to pick up the slack if something happens?

Can you afford it?

"People spend a lot of time looking at the features of their new toy. But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Scott Hannah, CEO of Credit Counselling Society

It's always best to use cash on depreciating assets such as cars. But if that's not possible it's important to shop around for loans. Hannah suggests starting with the manufacturer's financing deal. Then see if your bank or credit union can match it. Be wary of low or no interest loans since manufacturers have built those savings into the cost of the vehicle and there is typically less room to negotiate on price.

When purchasing items that have a shelf life such as a vehicle, don't use a line of credit or low-interest credit card that offers rewards points, Hannah says. As attractive as they might be, it's better to get a low-rate term loan with a fixed payment since you will pay less interest and likely pay the loan off sooner.

The current interest rate on personal loans ranges from five to seven per cent. An unsecured line of credit runs one to four per cent, while credit cards generally hover around 20 per cent.

So if you are a good credit risk borrowing $20,000 over 72 months at 1.9 per cent, your monthly payments will be $295 and interest will cost you $1,245 over the life of the loan. By comparison, if your credit rating is poor you will pay six per cent in interest, which raises your monthly payments to $387. Over a 60-month loan period, the interest will be $3,250, nearly triple that of the borrower with good credit.

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Dressing your desk for success

Your cubicle could use some colour. Could your business blahs be turned around by a dash of decor?

Surround yourself with all the things you love and you'll never feel like you've left your home. JENNIFER FORKER / THE ASSOCIATED PRESS

We focus so much energy turning a house into a home, we sometimes forget to aim our decorating genius in another notable direction: the office cubicle.

Home often expresses who we are, filled as it is with accumulated treasures and trinkets. But skip on over to the office cubicle — or, for that matter, an office with actual walls — and it can be a different story.

Some offices "are so dated. It's wallpaper from the '70s, falling-apart furniture and stacks of files — generally, an overall mess," says Sayeh Pezeshki, a designer who blogs about decor at The Office Stylist.

Considering how much time many people spend at work, "your work space should be cheery and it should be fun, and it should be personal to you," says Sabrina Soto, designer host of HGTV's The High/Low Project.

A soothing environment cuts down on work stress, designers believe.

"It really does affect the way that you work and the way that you feel," says Pezeshki.

And, she says, "You don't have to spend a lot of money" doing it.

Bob Richter, an interior designer and cast member of PBS's treasure-hunting series "Market Warriors," visits flea markets wherever he travels, returning home with one-of-a-kind mementos.

"I feel like a cubicle or a small office should feel like a small apartment," says Richter, who lives in a small New York City apartment. "Things have to be tidy but there also has to be an opportunity to store things easily."

Richter suggests combing flea markets for unusual boxes and baskets for storing supplies on an office desk. He uses old metal coffee tins and vintage ceramic planters for holding pens and other supplies.

"There's a nostalgic vibe to these items," Richter says.

Soto suggests using lacquered boxes or stylish fiberboard boxes, like those sold at The Container Store.

Good lighting, an attractive memo board, and at least one living plant or cut flowers are also essential for cultivating good cubicle ambiance.

Bring a desk lamp from home for task lighting, it'll cheer up the space.

Bring in low-water, low-light plants — at least one. Two plants that are good at surviving indoor light are pothos and heartleaf philodendron. Peace lilies also crave low light and are excellent at cleaning indoor air.

"For me, a place I want to be is a place surrounded by the things I love," says Richter. "I think (the office cubicle) is an area where you can let your personality do the talking."

THE ASSOCIATED PRESS

Get me out of here: A dull workspace can be the difference between a diligent crew and a sleepy staff. ISTOCK

More for your floor

- Keep it tasteful, says Richter, and check with your human resources manager before turning a cubicle into a fully furnished room. "There's a fine line between personalizing your desk and going overboard," he says.
- Ditch the sticky notes and the hanging calendar, which add clutter, Soto says. Lean a small dry-erase board against one wall and jot down notes there. Use an electronic calendar.
- Hang an attractive fabric along the cubicle walls, attaching it with decorative push-pins. Hang framed artwork. "Anything to make the cubicle walls look like normal walls," Soto says.
- Cover bookshelves and cabinets with printed contact paper. "It instantly pulls together the look," Pezeshki says. Pick five or six things currently sitting on your desk and replace them — pencil holder, frames, tape dispenser — with the look you want.

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I saw it through the Twitter Vine

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MICHELLE CASTILLO
Metro World News

Have you heard about Vine? Twitter's new six-second videos? People are using it to capture celebrities, report on news and get jobs.

The short nature of the Vines has led to some creative endeavors, including panoramic views of beautiful locations, stop-motion animation and, of course, cat videos. To master the medium, we talked to some expert users.

Understand the app

To make the perfect Vine, you're going to need to play around with it. Dawn Siff posted what is believed to be the first job resumé on Vine. She filmed non-serious subjects like baking heart-shaped cookies for Valentine's Day before she made her viral six-second video.

Two things she quickly noticed were that she had to film it on her own device for it to publish on her account and, more importantly, each video had to be published right after it was filmed. This meant there was no saving each take so she could compare it to another version she made later.

"There's no draft queue," she said. "There are all of these limitations I suspect will be tweaked later on Vine." Once she figured it out, her Vine went national, seen and covered as far away as Australia, resulting in job interviews.

Unique you

"People don't often get to see a fun/silly side of you from pictures on your blog, so show them how personable you can be."
Jenni Radosevich
I Spy DIY

You may know your best angles, but it's best to get a little help from friends if your video is set to go down the professional pipeline. ISTOCK

Make a quality product

If you want to have a quality video featuring yourself, ask a buddy. "If you are trying to film yourself, you really need to have somebody else shooting it for you," Siff emphasized.

Jenni Radosevich from I Spy DIY, who shot some notable Vines during New York Fashion Week, pointed out that you should be aware of the sounds around you.

"Play a song in the background without words if you want a soundtrack so it does not sound choppy when making cuts," she suggested.

Both women emphasized that lighting is key. Siff experimented with different lightings and iPhone camera lenses before coming up with the final look of her resumé.

Show off your personal style

Radosevich believes that you should show off your personality with your Vines.

"People don't often get to see a fun/silly side of you from pictures on your blog, so show them how personable you can be," she said.

For Siff, she decided she wanted future employers to know why she was qualified and wanted to show that she was an early adapter of new technology.

Being a radio producer for many years, she was used to telling complex stories in a shorter form, so being able to condense her resumé into six seconds came naturally.

"I don't think what I did was earth shattering," she said. "I just think I did it really quickly."

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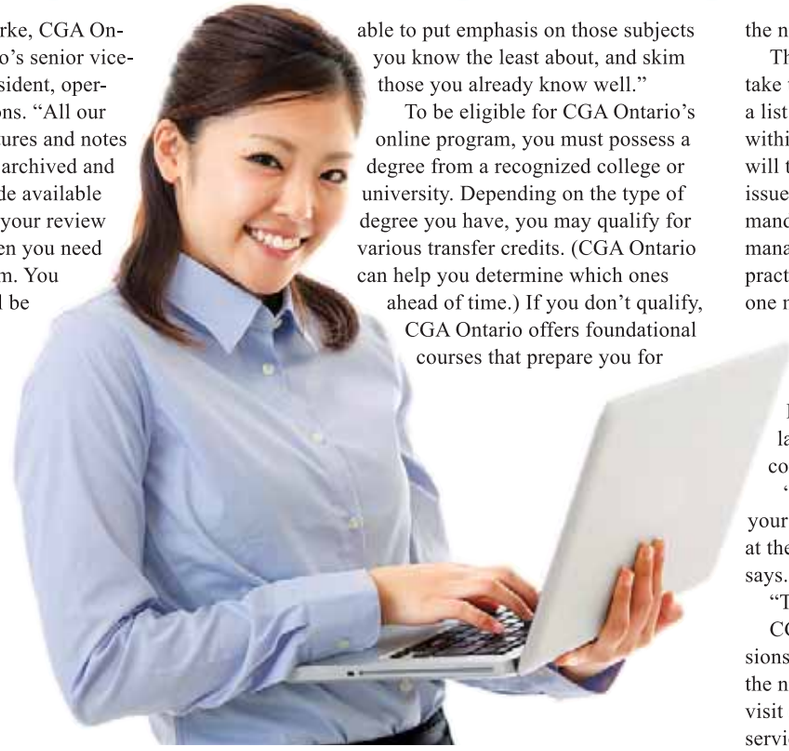

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CGA Ontario offers four program sessions per year. The deadline to apply for the next one is May 28. To learn more, visit cga-ontario.org, or contact a client service adviser today at 800-668-1454.

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New Jersey Devils goaltender Johan Hedberg keeps a close eye on Toronto Maple Leafs centre Nazem Kadri as he chases down the puck on Monday at the Air Canada Centre. Kadri recorded two points in the Leafs' 4-2 victory. FRANK GUNN/THE CANADIAN PRESS

Kadri having devil of a time for Leafs

NHL. Young forward continues his hot streak in Toronto's victory over New Jersey

Nazem Kadri continued his point streak on Monday with a goal and an assist in the Toronto Maple Leafs' 4-2 victory over the struggling New Jersey Devils.

Clarke MacArthur, Jay McClement and Phil Kessel — with his first goal on home ice this season — all scored in the third period for Toronto, which has won two in a row. Kadri scored in the first and assisted on MacArthur's goal to earn points in his fifth straight game.

On Monday

Maple Leafs	Devils
4	2

The 22-year-old Kadri leads the Leafs with 23 points in 23 games.

James Reimer got the start in Toronto's net, making his first appearance at the Air Canada Centre since Feb. 11, as he recovered from a mild medial collateral ligament strain. He made 28 saves for the win.

Marek Zidlicky scored twice for New Jersey, which hasn't won in five games. Centre Ryan Carter assisted on both goals. Goalie Johan Hedberg stopped 19 shots for the Devils.

THE CANADIAN PRESS

Good to be lucky

Nazem Kadri opened scoring just over 10 minutes into the game. His ninth goal of the season was a little fluky, as he shot from a wide angle, bouncing the puck off the inside of Johan Hedberg's left pad and across the goal-line.

- He later earned his team-best 14th assist of the season on Blake MacArthur's goal.

Mike Brown THE CANADIAN PRESS FILE

Buds swap Brown for draft pick

Mike Brown has become a casualty of the Toronto Maple Leafs' depth.

Toronto traded the 27-year-old Brown to Edmonton on Monday for a conditional fourth-round pick in the 2014 draft.

"It was primarily a roster-spot move," Leafs general manager Dave Nonis said. "At some point in the near future we're going to need to create a roster spot. We have some players with the Marlies that we want to give a look to. We have players that are hopefully coming off IR in the near future.

"That, coupled with Mike's playing time — he'd been in and out of the lineup, (head coach Randy Carlyle) used different combinations — we felt it was an opportune time to make the move for all those reasons."

The five-foot-11, 205-pound Brown played in 12 games for the Maple Leafs this season, with a single assist but ranking third in the NHL with 70 penalty minutes.

"It's a big loss for our team," said captain Dion Phaneuf. "Brownie's a great teammate. He competes every night. You know that night in, night out he's going to do whatever he can physically.

"Get to the net, fighting, hitting, whatever, blocking shots. He's just a complete competitor, great guy in the room and we're going to miss him."

The conditions on the Oilers' fourth-round pick are straightforward.

THE CANADIAN PRESS

NFL

Ravens sign Flacco to $120M deal

Baltimore Ravens quarterback Joe Flacco signed a new contract on Monday worth $120.6 million US over six years, making him the highest-paid player in NFL history.

Joe Flacco
GETTY IMAGES FILE

The Super Bowl MVP will receive a $29-million signing bonus and $52 million in guaranteed money. He will be paid $51 million over the first two years of the deal.

Flacco, 28, threw 11 touchdown passes and no interceptions during the recent post-season and led the Ravens to a 34-31 Super Bowl win over San Francisco.

THE ASSOCIATED PRESS

NHL

Draft-lottery system revamped

The NHL is increasing the number of teams eligible to make the No. 1 pick in its draft to 14, and announced that all seven rounds of the draft at the Prudential Center will take place on June 30.

The league announced Monday that all 14 teams that miss the playoffs, or the teams that hold the rights to the top 14 picks, will be eligible for the No. 1 draft pick.

Under the previous lottery system, the five teams with the fewest points had the opportunity to win the top selection since no team could move up more than four spots.

THE ASSOCIATED PRESS

Joey Votto walks into the dugout before a Cincinnati Reds spring-training game against the San Diego Padres last week in Peoria, Ariz.

CHRISTIAN PETERSEN/GETTY IMAGES

Dennis Rodman

White House says N. Korea's focus shouldn't be on former athletes

The White House says North Korea's government should be focused on the well-being of its citizens, not on "celebrity sporting events" to entertain the country's elite.

White House spokesman Jay Carney made the comments in response to a question about ex-NBA star Dennis Rodman's recent visit to North Korea. Rodman watched a basketball game with North Korean leader Kim Jong-un.

Upon his return to the U.S., Rodman said Kim wants U.S. President Barack Obama to call him. Carney says the U.S. already has direct channels of communication to North Korea and those are the channels it will continue to use. THE ASSOCIATED PRESS

Brier

Martin stuck on 1 win in Edmonton

The hometown team is struggling at the Canadian men's curling championship. Alberta's Kevin Martin lost 8-1 to Northern Ontario's Brad Jacobs on Monday, dropping the reigning Olympic champion and four-time Canadian champion to 1-3. THE CANADIAN PRESS

Alberta skip Kevin Martin

THE CANADIAN PRESS

Votto packs bags to join Team Canada

WBC. With injury concerns eased, star first baseman will suit up for national team

Joey Votto wanted to say sorry, but only for making everyone wait on the best news Canada has had ahead of the World Baseball Classic.

The Cincinnati Reds first baseman will be in Canada's lineup after an uncertain spring training kept him from committing to the international tournament. Votto missed 48 games last season with a knee injury, but on Monday he finally put to rest fears that Canada would be without the heart of its offence.

"I was very clear to everyone that I needed the games to make sure my knee was healthy and heading in the right direction," he said at Reds training camp. "I feel confident in it and confident in my commitment. I feel I can comfortably play."

The Toronto native needed to be sure of that before saying yes to Canada.

"I've never been hurt before," said Votto. "I wanted a little more of a grace period before the tournament to make sure I'm ready for my primary commitment to the Cincinnati Reds."

The news brought a sense of relief to Canada's training camp, which opened Monday morning.

Earlier in the day the team learned Chicago White Sox reliever Jesse Crain was out with a shoulder injury, leaving the bullpen without a veteran arm. Last week, Pittsburgh Pirates catcher Russell Martin opted out of the roster, which was already missing several veterans, including outfielder Jason Bay and pitchers Ryan Dempster and Jeff Francis.

Losing Votto would have been another major blow, but he was committed to playing for Canada. Once he decided he was healthy and had the Reds' blessing, there was no way he would miss the WBC.

"I grew up with a few of the players on the team and that goes beyond any of the Team Canada stuff," said Votto. "These are the same guys from my hometown or within a few minutes of where I grew up. You very rarely get a chance to play with your neighbour."

Votto, the 2010 National League MVP, is a career .316 hitter, with 133 homers and 457 RBIs. Manager Ernie Whitt said the 29-year-old's importance to the team couldn't be understated.

"I would be lying if I said there wasn't nervousness, but we're really excited to have our No. 3 hitter in there," said Whitt. "He means a lot to this ball club. So we're really thrilled about that."

THE CANADIAN PRESS

Quoted

"It's big, obviously. Not only is (Votto) Canadian, but one of the best players in the tournament no matter where he's from."

Justin Morneau on Joey Votto's decision to join Team Canada. Manager Ernie Whitt said Votto and Morneau would likely swap games at first base and designated hitter.

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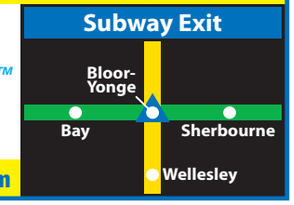

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

♉ Taurus
April 21 - May 21
A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

♊ Gemini
May 22 - June 21
Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

♋ Cancer
June 22 - July 23
Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

♌ Leo
July 24 - Aug. 23
Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

♍ Virgo
Aug. 24 - Sept. 23
Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

♎ Libra
Sept. 24 - Oct. 23
No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

♏ Scorpio
Oct. 24 - Nov. 22
Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

♐ Sagittarius
Nov. 23 - Dec. 21
Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

♑ Capricorn
Dec. 22 - Jan. 20
An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

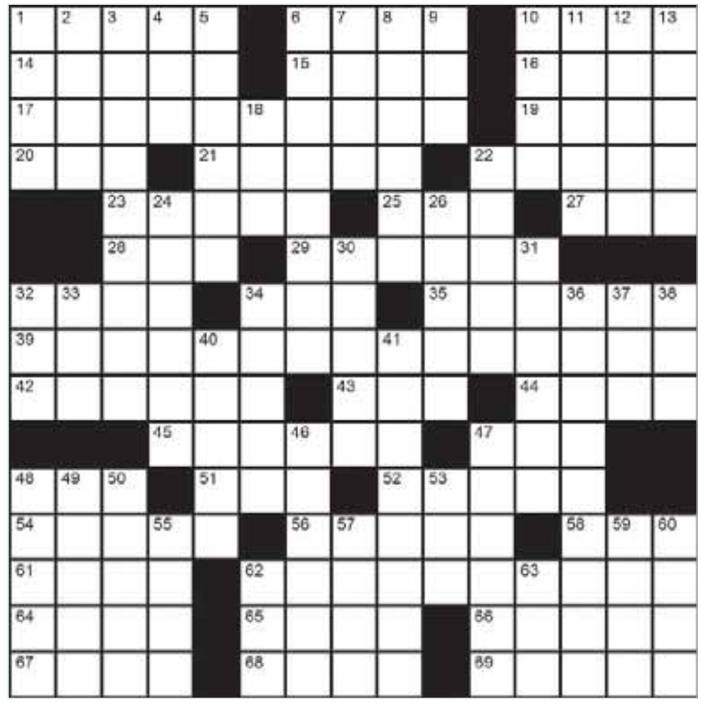
♒ Aquarius
Jan. 21 - Feb. 19
There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

♓ Pisces
Feb. 20 - March 20
Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

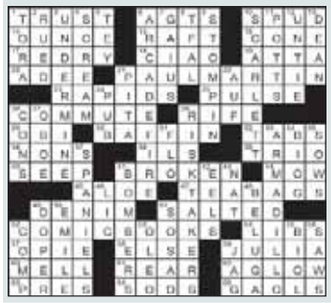
BY KELLY ANN BUCHANAN



Across
1. Most read national daily newspaper in Canada
6. Noon: French
10. Red Serge force, commonly
14. Love: French
15. Gulf of __ (between Somalia and Yemen)
16. Eurythmics' "Would _ __ to You?"
17. Big screens at sporting events
19. Mr. MacDermot (Canadian composer of Hair)
20. Beast of burden
21. "Push" band from Vancouver
22. __ and Shuster
23. "Have _ __." (Relax)
25. __ _ disadvantage
27. Church speech, for short
28. Intl. commerce group
29. "Where's that map?!": 2 wds.
32. "...so long __ __ both shall live?"
34. Granny: German
35. Pineapple: French
39. Toronto's plays/musicals area: 2 wds.
42. Toronto's St. Lawrence __
43. 0 Meridian letters
44. Company dept. heads
45. Lug along, variantly
47. "Go team!"
48. Reserved
51. Bien __, Vietnam
52. Pilot's button
54. Poet W.B.
56. Nobleman
58. Antonio's "Evita" (1996) role
61. Old Scandinavian symbol
62. In Ontario on Lake Huron, it's the world's biggest lake island
64. Pottery pieces
65. Volcano in Sicily
66. Downloaded-from-Apple song
67. Shar-__ (Some dogs)
68. Lang. of Rome
69. Concrete-strengthening rod

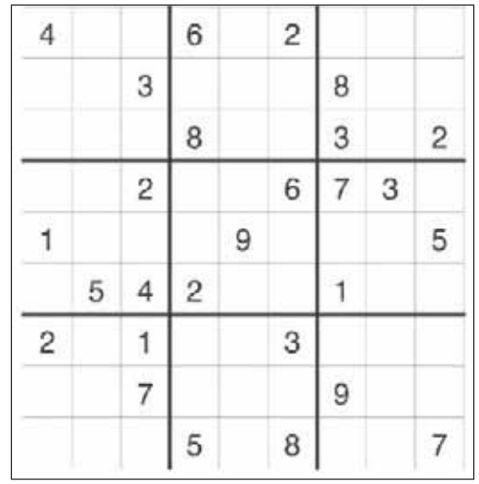
Down
1. Goya painting, The Naked __
2. Ostrich-like birds
3. Rush song: 2 wds.
4. Chafe
5. "_ __..." (Start of Juliet's famous line)
6. __ Provinces
7. Wedding vows: 2 wds.
8. __ floss
9. Advantages
10. Latvia's capital
11. Singer Mr. Aiken's
12. Author A.A.
13. __, Paul and Mary
18. "Prelude __ _ Kiss"
22. "Hmmm, I __ aware of that."
24. Grill servings
26. Breakfast serving
30. Madonna's nickname
31. Runway surface
32. Li'l bank-in-the-wall
33. Doo-Wop music syllable
34. Prefix to 'dontist' (Braces giver)
36. Bouncer's workplace
37. SNL or NASA, e.g.
38. Haloed humans, for short
40. Comp. help givers
41. 'I' of CIBC
46. Canadian brewer
47. Impressionist painter
48. Maple product
49. "Quelle __ est-il?" (What time is it?)
50. New Age musician
53. Quickly write down
55. D'Urbervilles heroine
57. Tolstoy's __ Karenina
59. Susan Aglukark's "__ Na Ho (Celebration)"
60. Vitality [abbr.]
62. "Help __ _ think I'm falling..." - Joni Mitchell
63. 'Comp' completer (Calculate)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	7	5	6	9	8	4	2	1
4	2	6	3	1	5	7	9	8
9	8	1	4	7	2	5	3	6
5	1	7	9	6	3	2	8	4
6	3	4	8	2	7	9	1	5
8	9	2	1	5	4	3	6	7
1	6	3	5	4	9	8	7	2
7	5	8	2	3	6	1	4	9
2	4	9	7	8	1	6	5	3

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Variable

Wednesday
3°/-3°
Variable

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